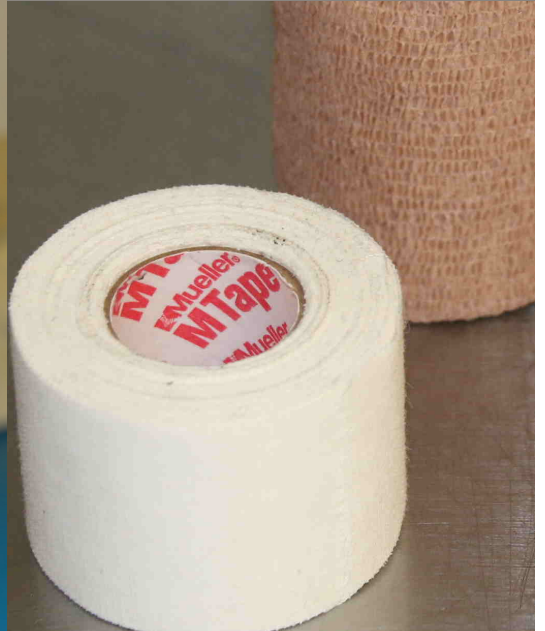


Athletic Taping Clinic

Sacramento, CA



AJJF Athletic Taping Clinic

Learn and practice athletic taping techniques and basic trauma management for the dojo.

Techniques will include methods for finger/toe, wrist, and ankle taping. This class qualifies as an "AJJF Mat Activity" for the purpose of black belt exams.

Clinic participants may choose to take a taping exam at the end of the clinic. This is completely optional, and not required for an AJJF black belt exam.

This is an AJJF sanctioned event, and current AJJF registration is required. Event-only registration (additional \$5) will be available. ATJA cards also accepted!

Instructors: Prof Nerissa Freeman
Joshua Harrelson Sensei
nfreeman@wasenshikan.org
916-420-5337

When: November 19, 2022

Where: Acupuncture Embodied
2409 L St, Suite 103
Sacramento CA

Time: 9:30 am - 3:00 pm

Cost: Sliding Scale, \$10-\$40.
AJJF Taping Manual included.

Bring: 5 rolls of 1½ inch athletic tape.
Some tape will be available for \$4 per roll.

Required: Proof of full COVID-19 vaccination or negative test within 72 hours of event. Masks will be required for those who are unvaccinated or partially vaccinated.